

Kitsilano Community Centre Fitness Class Schedule

2690 Larch Street (at West 10th Avenue)

Phone: 604-257-6976

Website: www.kitscc.com Email: kitscc@vancouver.ca

Schedule Effective January 2 – March 31, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low Impact 9:00 - 10:00 am	Classic Stretch 8:00 - 9:00 am (Dance Studio)	Cardio Combo 9:00 - 10:00 am	Classic Stretch 8:00 - 9:00 am (Dance Studio)	Low Impact 9:00 - 10:00 am	Classic Stretch 8:00 - 9:00 am (Dance Studio)	Indoor Bootcamp 9:30 - 10:30 am
Gentle Fit 10:10 - 11:10am		Gentle Fit 10:00 - 11:00am (Snowy's)		Gentle Fit 10:10 - 11:10am	Muscle Works 9:00 - 10:00 am	
Core Strength Plus 5:30 - 6:30 pm	Cardio Core 5:30 - 6:30 pm	Total Body Conditioning 5:30 - 6:30 pm	Cardio Step and Sculpt 5:30 - 6:30 pm	Total Body Conditioning 5:30 - 6:30 pm		
Total Body Conditioning 6:30 - 7:30 pm	Cardio Step and Sculpt 6:30 - 7:30pm	Full Body Blast 6:30 - 7:30pm				

Class Descriptions

Gentle Fit (mild)	Perfect for beginners, returning to fitness, or recovering from an injury - talk to your instructor about any concerns.
Low Impact (mild to moderate)	Great morning class to get you going - no jump, easy on the joints.
Cardio Combo (moderate to challenging)	The ultimate cardio combination class. A mix of high/low power moves on the floor combined with muscle conditioning and core stability focus. A complete full body conditioning class designed for all fitness levels.
Cardio Step and Sculpt (moderate- challenging)	A total body workout! Build on fun step choreography, alternating muscle toning with cardio intervals.
Step (moderate to challenging)	Great cardio & leg workout with some choreography.
Total Body Conditioning (challenging)	An excellent class to tone, strengthen, and sculpt entire body!
Core Strength Plus (moderate)	Get those untrained muscles back into shape. Primary focus is on core exercises for lower back and abdominals. No cardio component.
Classic Stretch (moderate)	This no cardio class will focus on increasing flexibility and calming the mind.
Step and Strength (moderate to challenging)	A combination of athletic step and muscle conditioning. Alternate between 3-5 minutes of stepping followed by 2-3 minutes of combination muscle work. This HIIT Method Interval training will help kick start your workout and your metabolism. Complete the workout with abdominal exercises and a stretch.
Muscle Works (moderate to challenging)	Experience a complete strength training workout that focuses on all major groups. No cardio component.
Indoor Bootcamp (challenging)	Intense mix of cardio and strength training drills with a soothing stretch to finish.
Full Body Blast (challenging)	Full body resistance training workout with blasts of heart pumping' cardio. Every class is different so you will never get bored!

Fees (HST Incl)	Adult	Student/Youth	Senior
Drop-in	\$5.35	\$4.00	\$3.75
Strip of 10 Tickets	\$48.00	\$36.00	\$26.75
Fit Pass (1, 2 or 3 month)	\$43.00 and up	\$32.75 and up	\$30.70 and up
The Fit Pass allows you to attend an unlimited number of classes on the Fitness Schedule Note: Schedule & Fees are subject to change without notice.			

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The Kitsilano Community Centre is jointly operated by the Kitsilano Community Association and the Vancouver Board of Parks and Recreation. For more information please visit vancouverparks.ca